

**Appendix B**

Arthritis Foundation "Disease Center" publication  
(<http://www.arthritis.org/conditions/DiseaseCenter/default.asp>)



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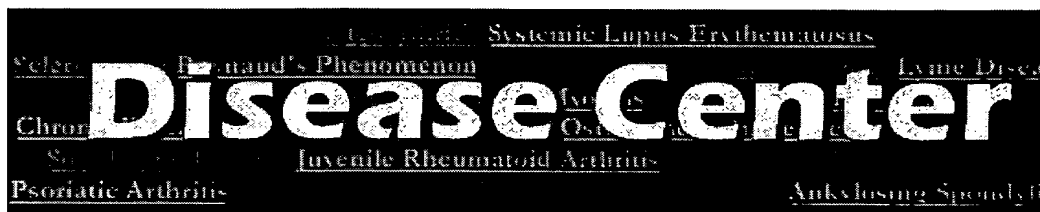
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[51 Ways to Be Good to Your Joints](#)



Chances are you or someone you know has arthritis. It causes pain, stiffness and sometimes swelling in or around joints. This can make it hard to do the movements you rely on every day for work or taking care of your family. But you can take steps now to avoid arthritis or to reduce pain and keep moving.

**There are more than 100 different types of arthritis** (some conditions may be grouped under a single name in the listing below) and the cause of most types is unknown. Scientists are currently studying what roles three major factors play in certain types of arthritis. These include the genetic factors you inherit from your parents, what happens to you during your life and how you live. The importance of these factors varies for every type of arthritis.

You can use the Arthritis Foundation web site as a tool to learn more about how to spot arthritis, what to do and how our services can help.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

## A

[Ankylosing Spondylitis \(AS\)](#)  
[Avascular Necrosis \(Osteonecrosis\)](#)

## B

[Back Pain](#)  
[Behçet's Disease](#)  
[Bursitis And Other Soft Tissue Diseases](#)

## C

[Calcium Pyrophosphate Dihydrate Crystal Deposition Disease \(CPPD\) \(Pseudo Gout\)](#)  
[Carpal Tunnel Syndrome](#)  
[Connective Tissue-Related Diagnoses, Other](#)  
[Crohn's Disease](#)

## D



**If your question is not answered here, please contact one of our information specialists**

Dermatomyositis

## **E**

Ehlers-Danlos Syndrome (EDS)

## **F**

Fibromyalgia

## **G**

Giant Cell Arteritis and Polymyalgia Rheumatica

Gout

## **H-I**

Inflammatory Bowel Disease

## **J-K**

Juvenile Arthritis

Juvenile Arthritis - Other Types & Related Conditions

Juvenile Dermatomyositis

Juvenile Non-Inflammatory Disorders

Juvenile Psoriatic Arthritis

Juvenile Rheumatoid Arthritis (JRA)

Juvenile Scleroderma

Juvenile Spondyloarthropathy Syndromes

Juvenile Systemic Lupus Erythematosus (SLE)

Juvenile Vasculitis

## **L**

Lupus

Lyme Disease

## **M-N**

Mixed Connective Tissue Disease (MCTD)

Marfan Syndrome

Myofascial Pain

Myositis (Polymyositis, Dermatomyositis)

## **O**

Osteoarthritis

Osteogenesis Imperfecta

Osteonecrosis (Avascular Necrosis)

Osteoporosis

## **P-Q**

Paget's Disease

[Polyarteritis Nodosa and Wegener's Granulomatosis](#)  
[Polymyalgia Rheumatica and Giant Cell Arteritis](#)  
[Polymyositis](#)  
[Pseudoxanthoma Elasticum \(PXE\)](#)  
[Psoriatic Arthritis](#)

## **R**

[Raynaud's Phenomenon](#)  
[Reflex Sympathetic Dystrophy Syndrome](#)  
[Reactive Arthritis \(Reiter's Syndrome\)](#)  
[Rheumatoid Arthritis](#)

## **S**

[Sarcoidosis](#)  
[Scleroderma](#)  
[Sjogren's Syndrome](#)  
[Soft Tissue Disease](#)  
[Still's Disease](#)  
[Systemic Lupus Erythematosus \(Lupus\)](#)

## **T-Z**

[Tendinitis](#)  
[Wegener's Granulomatosis](#)

